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SPEAKERS

Edroy Odem, Robert Glover, Scot McKay



Scot McKay 00:02

Hey guys, this is Scot. And before we kick off what's going to be an excellent action packed episode with none other than Dr. Robert Glover of no more Mr. Nice Guy fame I wanted to let you in on something brand new that's going on here. XMY Communications is called laser coaching. And the point of laser coaching is it's fast, it's effective and it's unlimited. That means you can have as many laser coaching sessions as you would like over the course of a full year and it's priced right. This is great for you guys who are busy and just can't find the time for big long full sessions. Find out more about it at www.mountaintoppodcast.com/front/slash/laser. And for now buckle up because here comes a great episode for you.



Edroy Odem 00:54

Missed and shrouded mountain top fortress that is XY Communications Headquarters. You're listening to the World famous mountain top podcast and now your host Scot McKay



Scot McKay 01:09

Hello out there again gentlemen, this is your boy Scot McKay and you're tuned into yet another episode of the world famous mountain top podcast you can find me at Scot

McKay on Twitter real Scot McKay on Instagram Scot McKay on YouTube. The Facebook group, of course is mountain top summit. And as always, you can find us at www.mountain-top-podcast.com. With me today is a repeat guest by popular demand. One of the guys that most of you know already if you've been in the dating and self help space for men for any amount of time at all. His name is Dr. Robert Glover and he is the author of no more Mr. Nice Guy, and now is also the author of the brand new book, dating essentials for men, which we're going to talk about today. And I'm really excited to do so. Dr. Robert Glover. How you doing again, man? Good CU



Robert Glover 02:00

Scot I'm doing great. It's good to be with you again.



Scot McKay 02:03

Yeah, we're going to have a great conversation today. Because you know, as much as this show is focused on women dating and relationships, we haven't had a good solid show on dating advice, dating skills, dating strategies, and quite some time. And when you contacted me the other day announcing your new book, I just figured this was the perfect opportunity. So good to have you back. Like I said, I guess the first question I want to ask you is what got you on the track to write a book called dating essentials for men? What was your train of thought there?



Robert Glover 02:35

Well, Scot pretty much everything I've ever done professionally is come out of my own life struggle. So the no more Mr. Nice Guy book is autobiographical. And it came out of my own struggles of figuring out why being a nice guy didn't work, why it didn't get me what I wanted in life. And dating Central's for men is the same thing. I got divorced from my second marriage in 2002. And I've been married for total of 25 years I had not dated since college, I sucked at it back then used what I now called nice guy seduction of going really slow trying to impress a woman trying to literacy I was different from other man hiding my sexual agenda. And, and that didn't work very well. And once I did get a woman, I stayed with her way too long, because I had no confidence of going out there and dating and having to go through all of that mess again. So when I got divorced in my late 40s, I was gone out there in the single world and I had no clue where to start. Absolutely no idea how to approach women how to talk to them how to get a phone number, I had no idea. So I actually, you know, like probably everybody else around that time. Found some good resources that were out there. Some of them like you know, David D'Angelo, Adobe, you're

dating, you know, somebody turned me on to the game. And what I did is I just went out and just started practicing, just like being a scientist. And I just started working at being a more social person and interacting socially. And as I started having surprising success, and both dating and having sexual relationships and and dating relationships, a lot of my clients started asking me, what are you doing teach us. So I developed my first seminar probably 15 years ago on dating essentials for men. If you'd asked me 25 years ago, if I'd be teaching men How To date, I would have said no way in hell. But it all came out of my own struggles and learning to do what worked. And the more I practiced and learned and applied sound principles of just being becoming the kind of man that authentically attracts women, I moved more away from approach and more away from any kind of pickup type, to just being more of a social animal that naturally drew women to me. And I've had tremendous success, I'm now married, and for about two and a half years to an amazing woman who approached me. And so all of this really came out of the work that I did on myself, I, I taught a dating essentials for men for online classes for about 10 years on my online university, and decided to put all of this into a book and into a package that the men could have readily ready access to. So that's where it came from.



Scot McKay 05:32

Now, you mentioned having clients who were asking you about this material years ago. So just to be clear, you've been in the psychotherapy field for quite a number of years now. Right? Yeah,



Robert Glover 05:44

quite a number of years I started probably around 1979 is when I got my master's degree in counseling, and then got my PhD and by 1985, and marriage and family therapy. So I've been I was therapist for close to 30 years. I don't do therapy anymore. I wanted to live in Mexico. So I built an online presence to where all of my materials now online, and I teach workshops and seminars and online classes, and I write, and that lets me live anywhere I want.



Scot McKay 06:17

Yeah, you know, back in 7985, coaching wasn't even a thing yet. People asked me did you major in coaching in college, and I just kind of have to laugh because I graduate. Back then, you know, coaching was like, you know, Ditka that was what the coach did in life, there was no such thing as coaching for dating or life coaching or health coaching or anything like that. What I really like about your story, is I can personally relate to it a lot.

And I know that because I can personally relate to it a lot. So can a number of the guys listening because I hear from them all the time saying the same thing. Man, I went through this bitter divorce, I haven't dated. I wasn't any good at dating back when I was single before I got married the first time. So you know, I was even more pathetic at it after the divorce, you know, basically shrunk me down to size. And everybody's left thinking, you know, now what after that, and what you did was a lot like what I did, you didn't want to be a victim, you wanted to go out and be a student and learn this stuff and get it right the next time around. And I admire that extremely about you. Because I know from personal experience what it takes to admit, Hey, you know what, I'm not where I want to be, I got to do something. And you know, a lot of guys nowadays, Robert, are letting a bad relationship with a woman make them really bitter. You got the men going their own way, you got the guys who are kind of red filling it out there saying, Hey, you know what, here's the truth, women are gonna dump you for the next guy who's better than you. They're going to take all your money, they're going to let you not see your kids, they're going to leverage the legal system against you. And like me, you didn't let that bitterness set in. You said, Hey, you know what women are wonderful. it's up to me to lead to not be that Mr. Nice Guy, but to be a man who is strong, dominant, powerful in the way that really attracts women. What were some of the ways you found yourself changing in your journey to getting better with women that saw real results for you?

R

Robert Glover 08:18

Well, that's a good question. And yeah, I can relate to what you're talking about. And I can even relate to the guys and you know, going their own way and feeling defensive and yeah, victimized by when I can relate, I had my own scars. When I came out of my marriage of my own, I had to work on some some bitterness and resentment. And that's part of the work we have to do. Because here's, here's the, you know, the ironic thing if we go out into the world with a certain distrust, bitterness, anger, resentment towards women, that's, that's kind of the energetic vibration we're going to put out in the world. And guess what we're going to attract, we're going to keep bumping into whatever our worldview looks like inside our head. So I realized I had, I had to work on letting go of a lot of those things. And you know, really what it came down to, I had to take full responsibility for every experience I had in life. And I realized, I mean, I realized this really early on when I started dating, after I got divorced, is that I had to work at being a better picker. And I had to work at being a better Ender. And I found that just learning this dating in general is all about being a bad picker, you're going to meet a lot of people that you say, Okay, this looks interesting, you're going to go on a date or two. And you realize, oh, they're not a good choice, you know, and that's what dating is about is finding out is somebody a good fit a good choice, do they do they fit well into your life and what you want. And then probably the biggest and most important part is learning to be a good Ender. And good

being a good Ender can cover a multitude of sins, when it comes to being a bad picker. Because as soon as you realize that this person is not a good fit, or as soon as you realize they have certain behaviors, or qualities or characteristics that are not what you want in your life, that aren't going to bless your life, and therefore you can't bless her life, you need to really be able to move on from that really quickly. And the term that I use, I call it getting to rejection quickly. You know, the one of the biggest mistakes men and women both make but let's we're talking to men right now is that we're afraid of rejection, we're, we're afraid of something not working out. To me, that's a blessing. When when something doesn't work out, when you find out quickly, okay, this doesn't have wheels, this doesn't have legs, it's not going to go where I want, let's find that out on the third date, rather than, like three years into a relationship. So being a good Ender was really key for me and and i and i even decided to use that concept in my dating as a way of improving that skill in every area of my life and actually welcoming the opportunities to end something that wasn't moving forward in the direction that I wanted it to go. And that actually has really paid off in all areas of life. In fact, I think that's probably one of the most effective skills successful people have in all areas of life is being willing to get to rejection quickly, being a good Ender. So that was my starting point. And if we as men can take accountability for every experience we have in life, what we're going to be more successful, we're going to be happier, we're going to make better choices, we can be better Enders, and we can let go of any resentment or bitterness that we're packing around with us. So that's a really good starting point. Take responsibility for every experience you have in



Scot McKay 11:48

life. Well, you know, I wouldn't have expected anything different from someone who is the world famous author on not being Mr. Nice Guy, Mr. Nice Guy will let some keep going on and on to the bitter conclusion simply because he or she, by the way, doesn't want to hurt anybody's feelings and doesn't want to create any waves. So, so a breakup that should happen three dates in doesn't happen till after they're married and had kids which is, of course, tragic. And so I think that's a brilliant point you made also the part about owning your own destiny, owning your mistakes, owning what's happening to you, and saying, hey, look, I'm not a victim. I have control over what's happening to me and that Extreme Ownership of some others have said, like Jocko willing, key example, over that process is what separates you from being a victim. I mean, a victim by definition is powerless, something is being done on to that person. Whereas when you take ownership, you're saying, Hey, you know what, the best news in the world is, this is my fault. You know, there's a lot of marketing out there says, Hey, you know, if you're overweight, or if you can't get women, whatever, whatever, it's not your fault. And I've never understood Robert how that sells, because the most freeing knowledge in the world is it is my fault, I can do

something about it. And of course you did. And the next thing you know, while law, women are absolutely paying attention to that and seeing it as much more attractive. Why? Because as a chooser, you've decided you're not going to try to impress women anymore. And like you said, in your previous world, you were being Mr. Nice Guy, you were probably buying them flowers and taking them on dates and everything they want is okay, and you're trying not to disagree with them ever. And you're walking on eggshells. Hey, you know what, gentlemen, women see guys who are trying to impress them all the time, you want to really impress them be the first guy they've seen in weeks, months, or years or even decades, who believes he's enough and doesn't have to try to impress her. I just had this very conversation on a coaching call with a guy just last night. That's how common this whole concept is. And how guys struggle with it. Robert, how can a guy move from being that pleaser trying to get women to be impressed with them to, to think and you know what, I'm going to be who I am, I'm going to be the man that I am. I'm going to be bold and confident with that. And trust that women are going to receive me much better than they ever had. How can a guy get to that point?

R

Robert Glover 14:27

So it's a great question. And it's really the crux of dating essentials for men beautiful, I don't teach approach. I don't teach pickup. I teach attraction. And you know, it's not some mystical, magical, you know, vibrational kind of thing that if you think it is going to happen, is how you live it. And here's what I found for me. And by the way, everything I teach 100% of everything I teach is born out of my own struggles, whatever I've struggled with, that's what I've gone to work on. And I go looking for answers for. So when I went looking for answers, how to be a more effective data. And really what I was looking for, is how to do a better job at laying the groundwork for having healthier relationships, ones that I would be happier in. And the some of the things I found along the way that that seemed to make me much more authentically attractive. And I have to just tell you, just to lay out the groundwork. I grew up in my self limiting beliefs where I didn't think women were attracted to me, I didn't think the women I found attracted were attracted to me. I used to think that a woman would be lucky to have me, but I didn't know why she would want me. I thought women thought sex was bad. And men who wanted to have sex were bad. So I had all these self limiting beliefs. And that's why I did try to please women, make them happy, be different from other men, go slow, do all those nice things for them that you're talking about. And it didn't work. All it did was attract women who are troubled him wanted to talk about their problems. And you know, I like the fixer. So what I realized is when I got out there in the dating world, is that I didn't want to be the fixer, I did not want to be the guy trying to impress women, I did not want to be the guy that walked all the way across the room because I thought a woman was a 10. And as what I realized, one of the biggest pieces for me is I really worked at becoming a social animal. And when I

started coaching men around this kind of my motto was get out of the house, expand your route, linger in public, talk to the people you meet, test for interest, and which is a skill, I teach, and walk through open doors. A lot of guys that work with a struggle around dating, never leave their house, they don't interact with people, they're isolated. And women are naturally attracted to just walk off a social animal. Now, that doesn't mean you have to be the life of a party, you might have some anxieties, you might be somewhat introverted I am. I'm an emotional introvert. But if you get out in public and practice interacting with people just work on those things, social skills, and one of the things I've been saying for quite some time about dating and Central's for men, is that I use a man's deep desire to have a girlfriend to have a relationship and to get laid as a motivation for teaching them social skills, because there's no substitute for that. And and that's one reason I'm not the huge fan of pickup is you can take a really socially inept man, teach him a few routines, pickup lines, and send them out there. But once he's run those, what's left, you've just made a geek with techniques. And so I think it's it works much more effectively to be that social animal to start challenging your self limiting beliefs. As I did, that women weren't attracted to me or women didn't like sex or women thought men were bad if they wanted sex, I started embracing my sexual intention. I've never pushed a woman to have sex. I've never tried to get a woman to have sex. But what I found was when I didn't care, when when, you know, I wasn't giving too many flux about that. And I was just checking to see, you know, is she a cool chick? How does she fit into my life? Do I like hanging out with her, rather than trying to impress her and get her to choose me, I was a chooser I was the decider. And what I started noticing is that women were sending me signals of high interest everywhere I went. And surprisingly, this doesn't come out of an ego thing. But for a lot of men it is, most of these women are significantly younger than me. I mean, I'm not getting any younger. But yet, even though I'm married, my wife all the time points out young women that are basically flirting with men trying to get my attention. And it's not because I tried to do anything to make that happen. I'm just confident, I'm a social animal, I interact well, I carry myself well, and women are naturally turned on and attracted to that. So that is a piece that I teach men is what I had to learn. And there's no substitute for just getting out and practicing your social skills, getting comfortable in your own skin, developing a confidence that you can talk to anybody. And and I've long told men that when a woman sees a man with confidence, she has the exact same release of brain chemicals that you would have if a woman lifted up her shirt and showed you her tits is wired into them is wired into us. We don't have to think about it. When a woman sees Confident Man, she doesn't think, Oh, am I attracted to that or not? She just is when we see kids who don't have to think Am I attracted to those who just are and that approach. For me that approach to dating works so much better than targeting women trying to get the same women than every other man is targeting to try to get them to give us a time of day, give us a phone number, want to go out with a spend a bunch of money on and put up with their flakiness, I'd rather choose a woman who's

already chosen me, who's already been attracted to me already sent me signals of high interest. And I can choose to walk through that open door or not, which should be the hell out of pounding on closed doors, hoping that they might open. All of that is so true. You talk about women basically responding to male confidence, they also are hardwired to respond to male leadership. And what better way can a man lead than to like women, a lot of these guys love to have sex, Robert, but they're not so sure about women themselves, they're not so sure about any value a woman can possibly bring to them beyond sexual intercourse. Sounds to me like you actually like women and appreciate them. And lo and behold, they're following that lead and they're liking you back. There's no what I call pushing it uphill, you talked about it in terms of, you know, knocking on closed doors, but you're talking about women choosing you because you've availed yourself to them as a man who likes them and appreciates them. And that's what you're getting in return. A couple other great points you brought up right at the beginning there of your last discourse, you were talking about, essentially, presence versus performance, being a man, as opposed to trying to attract or impress women, by virtue of anything you're doing. And that is so immensely important, especially for the young guys listening to understand, you're trying to impress women by doing things. And we already talked a few minutes ago about how that really doesn't work. And it completely takes women by surprise catches them completely off guard, when you believe you're enough. And that confidence turns them on, like you said, as much as if a woman just got naked for you. That is such an incredibly powerful, intuitive point. That alone is worth the price of admission for this entire podcast, even though it's free. But you know what I mean? And I also want to acknowledge those sticking points that you brought up, you know, we believe women don't like sex, we believe we've got to impress them. We believe that somehow men are bad. And, you know, we're some kind of predator simply for liking women. And you brought up several other examples that seem almost as if they're archetypal in the minds of men nowadays, but you and I know better. Robert, something has influenced us over the past several decades to start believing these limiting beliefs on mass because most of us feel that way automatically. What happened there, Robert, how did we get so wimpy? How did we get such a bad, stinking idea of what women are like and what they want from us? Where did that come from? Well, I've got my theories, and you've teed it up for me. So thank you for that. And that's a lot a lot of the premise going back to the no more Mr. Nice guidebook. So let me just keep it as simple as I can. If I had to say what is maybe the underlying paradigm or golden rule for the majority of men nowadays in terms of our relationship with women, and that is, don't piss off the woman.



Scot McKay 23:00

Mama ain't happy nobody exactly

and that's where it starts actually, what if we're a little boy and moms upset moms yapping moms yelling moms withdrawn moms crying moms depressed, whatever, as little boys we want to fix that we're men are fixers, you know, that's, that's what we love biz. Give us a problem. We'll fix it. We want to be heroes, it we want to be heroes, we want to be the problem solvers. So we start with mom, and maybe even dad, if he was around, gave us the message. Don't upset your mother, don't why'd you upset your mother, because he didn't want mom upset either, right? So then we go to preschool as little boys as all women. And so we have to learn how to live in the in the world of women in terms of if we do this and make them happy. If we do that, it seems to make them unhappy. Then we go to elementary school, we still all have, we're all women teachers. So even just getting from third grade, fourth grade, doesn't involve just learning your reading, writing and arithmetic, it learns how to not piss off a woman, or just moving from one grade to the next week requires the skill set of how to make a woman happy. Now here's here's the problem that we guys run into. When it comes to the male brain trying to figure out what makes women happy. We're almost always wrong. Using a male brain to try to figure out what turns women on what makes them happy. What blah, blah, blah, we're always going to get it wrong. And here's the thing, you can even ask women, well, what do you want? Do you want this from man, you want that from a man. And I in general, like don't believe anything a woman tells you because she'll tell you, I want a nice guy who treats me well. And then then they'll keep hanging out with the married jerk who can't get out of his marriage, who shows up when he feels like it. Or they get attracted to the drug addict who steals their money. And they keep going back to that blah, blah, blah. So don't even pay attention to that now. So what are we going to do? I going back to you know how you teed it up? For me? The answer is, figure out what the fuck you are doing in this life? Why are you here? What's your purpose? What's your passion? What's your mission? What's your gift you're giving to the world? What excites you? What's your sweet spot? Where's your wheelhouse? Are you there? Are you living your life? being your most passionate self? Are you getting up every day saying, Fuck, I'm glad I'm alive. Fuck, I'm glad I'm here. And I get to do what I'm doing. And I promise you, the man who's focused on his purpose, on his passions, on his mission, on his gift that man is is going to be naturally and authentically attractive to women, women to see that go, who is that guy? And they want they want to know. But here's the other piece. If you're living life, on your terms, if you're living life from from the place of answering that question was my purpose was my mission was my passion. Making a woman happy, doesn't fit into that equation, it doesn't even make a blip. And so if you're with a woman who happens to be unhappy, you know, if you care about her, if she's your partner, if she's your wife, you're going to care why she unhappy, but you're not going to automatically think you caused it. And it's up to you to fix it. And you can be open hearted and loving and available to your woman if she's unhappy. But that doesn't mean you did something wrong. And it doesn't mean you got to do anything

different. And it's not going to distract you from your purpose or your passion. And your woman if you're in a relationship. Or if you're dating, the woman's going to actually be happier if you don't follow her down her emotional rabbit hole, and and you know, just get all caught up in her inner drama. And women hate their drama. Now, unfortunately, is foreplay for them. But it's kind of like they embrace it. And they hate it all at the same time. They go to their girlfriends to wallow in drama. And if we wallow in drama with them by trying to figure out what's wrong, how do I fix it? What did I do? How can I make it better, all of a sudden, we're a girlfriend with a penis. And and they don't think in terms of us has been somebody they want to have sex with. So work on you work on living your life on your terms and giving your gift to the world. And that will naturally attract women. If a woman's pissed off at you work at getting over that get back to your passion, get back to your purpose, your purpose is not making a pissed off woman and pissed off or an unhappy woman and unhappy. That's not your purpose in life.



Scot McKay 27:26

Now to illustrate quite literally everything you just said, and one memory that I have. When I first started doing the dating coach thing, I met a woman who was also a dating coach. And we were on some form together. For what it's worth. She's long gone, she's no longer doing this, which is after you hear what I'm about to say is a good thing. And she said and I quote, what women are looking for is a woman with a penis as a boyfriend. And my first thought was, you absolutely are not. They absolutely are not women want man. They don't want someone like themselves who happens to have a penis. But she was staunch in that belief. And like I said, she's no longer a dating coach. But look at that. She said that but even she probably didn't believe that. It sounds nice to them. I mean, for us as guys think about it, don't we want? You know, one of the guys only we can score because she's got a vagina. I mean, it sounds nice on paper, doesn't it? But not really.



Robert Glover 28:26

And I got friends, buddy with breasts.



Scot McKay 28:28

A buddy with breasts oppressed, buddy. Yeah, you don't really want that. I mean, there's a draw to being a tomboy. If she's a woman who likes to do the things guys like to do but she's still all woman all the time. The reason why there are Tom boys and and you know, the opposite doesn't necessarily hold true for men. I mean, women don't like guys who love to do feminine things like knit or talk about pregnancy. But the reason goes back to

what we talked about a few minutes ago, which is women following a man's lead, if you got a woman who's willing to go do all your cool adventures with you last still being a woman, that's great. But she's not a breast buddy. Like you said, I love that term, by the way. So everything you just mentioned is is extremely powerful. And I love it. And you know, it leads me to ask you this question you wrote no more Mr. Nice Guy quite a number of years ago. And I'm wondering, out of curiosity, what ideas have you formulated? What truths? Have you figured out? What have you built upon the basic premises of that book? In terms of not being Mr. Nice Guy since that book came out? What are your latest revelations that you would share with these guys about instead being the man women really love? And of course, that'll help your dating life too. But I'll go ahead and riff on that. I'd love to hear your thoughts.

R

Robert Glover 29:43

Well, that's a great question. And yeah, I finished writing no more Mr. Nice Guy probably 20 plus years ago, and the book came out in hardcover in 2003. And about two years ago, my publisher approached me and said, you know, we want to do an updated version, you want to add more to it, make any changes, or just kind of clean it up a little bit. So let's just clean it up a little bit. Let me let me write a foreword to it. And that forward is what really, I've learned in the 15 years since the book initially was published in 2003. And I, when I wrote the book, I was married, I was in a pretty toxic relationship. That's what led me to actually start working on myself and realize that being a nice guy did not work well, in most areas of life, especially in relationship. And, and that's where the book came out of was that relationship. So since the book was published, I split with that wife the about six months before the book actually came out. So since that time, you know, I got out into the dating world, had been single, have lived alone, have discovered a just a lot of new things, discovered the work of David data, discovered the work more around mindfulness kind of power of now. So I've really moved a lot of the direction of masculine and feminine energies, men leading and setting the tone, as you said, giving a woman something to follow. I took salsa lessons, I learned how to lead by taking salsa lessons. And so I've had a number of experiences that that probably have grown me as much or more while I was single, as being in relationship debt. And, and I really think being a conscious single guy or being a conscious man in a relationship. Both can be powerful personal growth machines, if we're have our eyes open and wanting to learn and wanting to grow and wanting to be challenged. And so, you know, for me in terms of relationship, probably one of the biggest takeaways, biggest aha was, since I wrote no more Mr. Nice Guy has been around that concept of leading. Now, when I talked to Matt about setting the tone and leading, they always they'll say, Okay, here, you talk about taking control, I don't know, I don't use the word control. I know never used the word control in regard to another person. Now we can control ourselves. But I don't want you to try to control anybody else. All I want you to do

is figure out where you're going in life. And then when you interact with women, invite them into that great life, invite them become move the direction that you are moving. Now, if you don't have a direction in life, if you're not leading you, you can't lead a woman. Now I get that, and the men kind of, you know, bristle a little bit, well, you know, I can't I again, I can't take control women or blah, blah, blah. But you know, when I was still doing a lot of couples counseling, I would have men and women in my office and I would talk to I'd always start with the guy, because I found if you start with a woman in couples counseling, she bolts and they never come back. So I would start with the guy, and I'm talking about their his lack of presence, his lack of consciousness, the things that men do that tend to hurt women, and I would talk about his job, his story, role in the relationship is to consciously and lovingly set the tone and lead. And that includes setting the emotional tone, because a lot of times we men let the woman set the emotional tone, and we react to her emotional tone. Women don't want that they don't feel safe with that. So as I learned to lead on the dance floor, and the feedback I kept getting from women and dance instructors, is Robert, lead, clearly lead firmly let the woman know where you're going and where you're taking her next. Oh, okay, I've been trained all my life to ask the woman What do you want? Dear? What do you want to do? Do you want to do this? Do you want to go out tonight? What do you want to eat? You know, and I had to actually learn to show up, have a plan and lead from a conscious place. And that is what revolutionized my dating is that instead of just trying to figure out what would make a woman happy, I wanted to find out where she happy fitting into my life, not me trying to fit into her life. And and what I found is that I there's a lot of women out there that really liked the direction my train was going. And and they were more than happy to come climb on that train, and didn't involve me trying to fit into their life. And I think that works so much better. Women are so much happier that we bless their lives, they bless our lives. And so that's been really a very big piece is take responsibility for where you're going in life. And and invite a great woman to come along and partner with you in that process.



Scot McKay 34:30

Yeah, absolutely. You have to have a purpose. But that purpose cannot be her. It cannot be. And likewise, that leadership is all about in many ways, making decisions that are in her best interest. Whether she recognizes it immediately or not. She's going to come to trust that and that will give her that sense of safety and security that really does allow her to see us or hero long term. I love it. I have to ask you this question, having read and article on medium recently about a guy who conquered his alcoholism after darn near two decades in the throes of it. One of the things that was very striking in his article is he said once he got sober, he got a divorce, he realized that the relationship to his wife was the wrong relationship, and he got out of it. So a lot of times people think, okay, when I sober up, everything's going to be wine and roses. In many ways, it cause some very hard

decisions to have to be made and cause some pain in his life to give up the alcohol, even though he was much healthier for an overall I couldn't help in that context to notice the timing of when your book came out was very close in proximity to when your divorce happened was this journey of yours of defeating Mr. Nice Guy, something that actually caused you to stand up and say, all right, you know what this relationship needs to end? I'm in a toxic marriage. There's no saving it. And it's time for me to get out of here? Or was your journey Much to the chagrin of your ex wife? Or, you know, tell me what did happen there? Why were those two milestones in your life so closely associated time wise?

R

Robert Glover 36:13

Yeah, I was related in not related, but mostly were, you know, my ex wife was actually very supportive of me writing the book, she was a very intuitive, and bat shit crazy woman. And I learned a lot from being in that relationship. Now, I also spent about the first seven years of it, giving it six more months to get better, or I was leaving, I did a lot of work on me. And as I did a lot of work on me, it affected the relationship in some very positive ways. And then, without going into detail, as the relationship got better, my now ex wife went out and escalated things in a way that were guaranteed to make it break. And it was interesting when I finished writing no more Mr. Nice Guy. As I said, I finished writing it frightened about three years to get it published. So I finished writing it around about three years before it got published. And about three years before I split with my second wife. And he was I finished it. I knew I'd come a long way. But I was pretty sure I wasn't done yet. And I wasn't like, completely sure being done, meant leaving that marriage. But I was very open to that was a very real possibility that it might mean that marriage coming to an end, I loved my wife, and I really wanted to be able to make a relationship work. But when she escalated to the point where it was intolerable to stay, I had to leave now when I say I can't claim complete, okay, I did this well, she actually got mad at me about some things that I want you to move out, which is a typical thing she would do. And I'd always talk her down, talk her through blah, blah, blah. And so finally, one day, she said, I want you to move out, I said, Okay, and I moved out. And about a week or two later, she got in touch, you know, I want you to come back, I want us to work on this. And I knew that once I was out, I was never going back, I was not going to go through that struggle again. So I can't say I had just evolved so much that I really had that all figured out and become the best defender. But the truth was, I knew it was time to end and I knew it was time to move on. And even that required a lot of ongoing work to end a what I call it a trauma bonded relationship, that we had a very intense bond because of the constant trauma in the relationship. And that was a challenge as well a real growth producing experience in itself. But no, it was not completely coincidental that about the time the book came out, that relationship ended,



Scot McKay 38:40

you and I have a lot more parallel experiences than I even thought that sounds a lot like much of what happened in my first marriage is my wife slowly went back shit crazy over time. And I worked on myself, and it just seemed to exacerbate matters until finally, after everything was over and ended, that's when she wanted me to come back. That's when she finally felt attracted again. But I knew in my heart of hearts, there was no way this was ever going to be a healthy, valuable relationship for anybody, including my daughter, because she just wasn't in our reality with us. That was the bottom line. And yeah, I thank you for your vulnerability on that. I think a lot of guys really aren't going to relate to that. This has been a great conversation overall, Robert, and I would love for guys to be able to get their hands on your new book. So I've set up a special URL as always, and that's [www.Mountain Top podcast. com front slash Robert ROBERT](http://www.MountainTopPodcast.com), believe it or not, there's never been someone who went by Robert as a co host on this show. And when they go and get their hands on dating essentials for men, what can they look forward to Robert,



Robert Glover 39:52

what they're gonna look forward to is a completely different approach to dating than what they've probably mostly been exposed to really emphasize attraction versus approach. I really emphasize working on yourself limiting beliefs that get in the way of you walking through open doors, I work all the way from the basics of trim your fingernails and take good care of your shoes, all the way to how to be more of a social animal, how to test for interest, how to set the tone and lead, how to create emotional tension that turns women on, and how to be a good chooser and a good Ender. So they're going to find from really top to bottom A to Z, how to, in a sense, live their best life be their best selves and become the kind of guy that great women are naturally attracted to. And they get to be the decider, they get to be the chooser.



Scot McKay 40:45

And there's a special surprise we have for the guys who buy the book after listening to this podcast if they send the receipt to you. And I'm sure you'll give them your email address and use the code Scot my name se OT, what are they going to get? Go ahead and give them the email address. And it should also be on the show notes page, guys, but what are they going to get? And what's that email address?



Robert Glover 41:07

Okay, real simple. Just purchase the ebook, just click on it, buy that Kindle ebook, and then

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Scot McKay 42:18

right on so they're going to go ahead and mail you the receipt from Amazon to support Dr. Glover calm. And basically just say I sent you put the word Scot in there somewhere SCOT Yeah, sounds like great stuff. And you know what I have to tell you, that podcast that you recorded on choosing women who choose you. That reminds me of the simple truth that we talked about around here all the time, which is nobody should be chasing anybody in relationships, a lot of times that old pickup artists material will say things like Hey, stop chasing women and get them to chase you instead. Hey, look, whoever's chasing is desperate. They don't have any options. You want to be a man who has options and is in a position to choose the woman you want. And you will want a woman who has options also, obviously she's not attractive, and not really worth a whole lot to men in general if she's not a woman who has lots of options. And so what you want is a woman who chooses you even as you choose her, and when two choosers get together, the groundwork is there for a wonderful relationship, which I can certainly attest to, because that's exactly how Emily and I found and chose each other.



Robert Glover 43:22

I love it as the basics of it, choose a woman who chooses you. And then you don't have to spend the rest of that relationship trying to get them to choose you and I've seen so many married men do that they're trying to get a woman in their wives are not choosing them. They're not choosing to treat them well. They're not choosing to be sexually available. They're not choosing to follow their lead, and the guys are going Why did this happen? Well, because you did not choose a woman who chose you. And yes, of course, your woman wants to know that you are a man with lots of options, even though they may occasionally get a little bit anxious or insecure, jealous when see other women checking you out trying to get your attention and they will. Your woman wants to know you are a man with options, because that brings out the best in her as well.



Scot McKay 44:11

Yeah, and a lot of times I get asked the question, I'm sure you do too. Well, Scot What's the difference between chasing a woman and pursuing her because you know, women say they love a man who pursues and goes after what he wants. Well, what that means is a woman wants a man who has options to pick her from those options. He wants to feel like she was the one who was his favorite. She's the one who he really wanted that he's not settling for her out of, you know, pure desperation. That's what really turns women on. And that's what also will compel a woman who may not have noticed you yet to take notice of you. Because you're leading, you're saying I'm choosing you and she's going to wake up and go, Wait a minute, this guy's got options. Maybe he could possibly be right that we are wonderful for each other. It's amazing how women who have this very picky checklist and what they're looking for in a man, he's got to be tall, dark, handsome, rich, when a man comes along, who legitimately has options, and he says to her, Hey, you know what you and I should be together from now on, you're the woman for me. She really responds to that penetrative energy in a very positive way. Now, you know, she can take it or leave it, like you and others have said on this show. And she certainly has that opportunity. There's nothing predatory or raping here. But it's amazing how women respond even to that lead and it's just something really powerful in the sexual universe between men and women. So I'm really thrilled that you brought that up. I have another surprise for these guys. You can actually go to WWW dot mountaintop podcast.com front slash Glover and get your hands on Dr. Robert Glover's classic book no more Mr. Nice Guy. So you have two options at play here. Hope you'll take both first one is to go to WWW dot mountaintop podcast conference slash Robert get a copy of the new book dating essentials for men email that receipt to support it Dr. Glover calm with the word Scot SEO t somewhere in it and get all the free goodies on top of all that, which is cool not to get you some there. And then go back to Amazon at WWW dot mountain top podcast. com Glover spelled AG lover, which is your nickname. It is now and get you some of that too. Dr. Robert Glover, you're such a smart, gifted guy you and I see eye to eye on so many things in terms of women and relationships. So once again, it's been nothing but a pleasure to have you on the show. And what a great conversation. Thank you.



Robert Glover 46:42

Scot Thank you for the invitation is always been a real blast.



Scot McKay 46:46

Yeah, man. And guys, if you haven't been to [WWW dot mountain top podcast com](http://www.mountain-top-podcast.com) lately, I have two brand new things to announce for you. One of them I talked to you about at the very beginning of the show. We're now doing laser coaching. This is one full year of unlimited coaching for 1000 US dollars for the whole thing. There's no hidden costs. And what you get our targeted 20 minute coaching sessions on anything that comes up, all you have to do is give me the topic, there will be homework assignments, little missions to do at the end. Once you've completed those, you can go ahead and set up your next call with me. This is perfect for you guys who have busy schedules. You have careers that are consuming a lot of your time and you're thinking yourself you know what, I'd love to get better with women. I'd love to get this part of my life handled, but I just don't have an hour an hour and a half to devote to sessions. And it just seems like a lot of time that I don't have to devote to that. Well, if you've got a commute if you've got a lunchtime you've got 20 minutes and you don't have to worry about stockpiling these sessions or running out or anything like that you can have as many sessions with me as you want over the course of a full 365 days for 1000. us check it out at the website there's a link to the page with all the details. Also guys, I am now an Amazon influencer got the little blue checkmark there, go to [www dot mountaintop podcast com front slash Amazon](http://www.mountain-top-podcast.com/front-slash/Amazon) and you'll not only be able to find Dr. Glover's books on there, you'll be able to find my books and all the books by all the other guests of the show. Now they're on one page for you. You'll never be at a loss for reading material ever again. And with that, until I talk to you next time This is Scot McKay from XMY communications in sunny San Antonio, Texas. Be good out there.

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